



August 21, 2017

Spotting is a technique used by dancers during the execution of various dance turns. The goal of spotting is to attain a constant orientation of the dancer's head and eyes in order to enhance the dancer's control, prevent dizziness, and move in the right direction while turning. If dancers lose focus, they will often fall off balance, compromising the execution of the step or combination.

To live without fear we must keep our "spot," or focus, on God. Our constant orientation to His Word and what God has provided for us helps us eliminate fear and live the life God desires for us.

*II Timothy 1:7:*

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

Fear does not come from God. Yet, we can all be challenged or tempted to fear. To eradicate fear we shift our focus away from fear and keep our "spot" oriented toward God, Who has given us power, love, and a sound mind.

We can live without fear because God gave us POWER.

*Acts 1:8:*

*But ye shall receive power, after that the Holy Ghost [holy spirit] is come upon you....*

*Ephesians 1:19:*

*And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power.*

The born-again believer has potential power residing within him. God's power is manifested when the Word is heard and then carried out by believing that Word. Ephesians 3:20 is a promise we can "spot" and stay focused on.

*Ephesians 3:20:*

*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.*

We have the right and privilege to rely on God's power each day. We put it into operation and God does the energizing.

We can live without fear because God gave us LOVE.

*I John 4:18:*

*There is no fear in love; but perfect love casteth out fear....*

*I John 5:3:*

*For this is the love of God, that we keep his commandments: and his commandments are not grievous.*

Love is the antidote for fear. God lovingly provided for us by giving us His Word. The knowledge of God's Word gives us all things that pertain to life and godliness (II Peter 1:3). When we put our focus on living God's love and keeping His commandments, we'll find no room left for fear.

We can live without fear because God gave us a SOUND MIND. A sound mind demonstrates good judgment and wisdom. It includes disciplined thinking. James Allen illustrates this in his work entitled *As a Man Thinketh*.

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, *bring forth....*

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts....

We eliminate fear when we focus our thoughts on God and His Word. We keep our constant orientation on Him. James Allen goes on to say, “By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life...”

*II Timothy 1:7:*

*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

We have the right and privilege to rely on God’s power each day. We can live love, which is the antidote for fear. We can think the useful and pure thoughts of God’s Word because we have a sound mind. Let’s keep our “spot” on God and live without fear, for this is the fruitful life God desires for us.

*For more information, visit [www.theway.org](http://www.theway.org)*

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